

Teladoc Health



Teladoc Health is a smarter, easier, more personalized way to manage your diabetes and hypertension — all at no cost to you and your covered family members. Teladoc Health offers assured privacy and will never disclose your identity or program activity to Austin College.

HYPERTENSION PROGRAM INCLUDES:

- Easy remote monitoring via wireless-connected blood pressure cuff.
- Mobile app access to track progress, receive personalized content and get notifications or reminders to check your blood pressure.
- Expert guidance on current medications and 24/7 coaching for nutrition and weight, stress, and more.
- Personalized lifestyle recommendations to modify behavior and stay on track.

DIABETES MANAGEMENT PROGRAM INCLUDES:

- Easy-to-use blood glucose monitoring
- Unlimited supplies, including test strips and lancets
- One-on-one coaching
- Easy sharing of your digital logbook

GET STARTED:

- join.livongo.com/bcbstx-health/hi
- Registration Code: BCBSTX-HEALTH

Wondr Health



Wondr Health is an online program that helps you change how you eat instead of what you eat. The program fights the risk factors associated with metabolic syndrome and teaches you how to lose weight, increase your activity level, and improve your health.

We are offering all employees and covered spouses enrolled in an Austin College medical plan an opportunity to lose weight at no cost to you with Wondr Health. This 10-week online weight management program has the secret to lasting weight loss and it doesn't include starving, counting calories, or eating diet food.

It's an online program that helps you learn how to eat to reduce your chance of getting a serious disease, like diabetes or heart disease, and increase your chances of living a longer, healthier life. Lose weight, plus improve your overall health — all while eating the foods you love.

You may apply for the program and choose a start date that works for you. To apply, go to wondrhealth.com/ and follow these easy steps:

- Apply: you will need your BCBS member number found on your ID card
- Get Your Welcome Kit: it will be mailed to your home address
- Start the Program

The Wondr Health program is paid as a preventive medical claim. Therefore, you will receive an Explanation of Benefits (EOB), but the cost is being paid by Austin College — so there is **NO COST** to you.